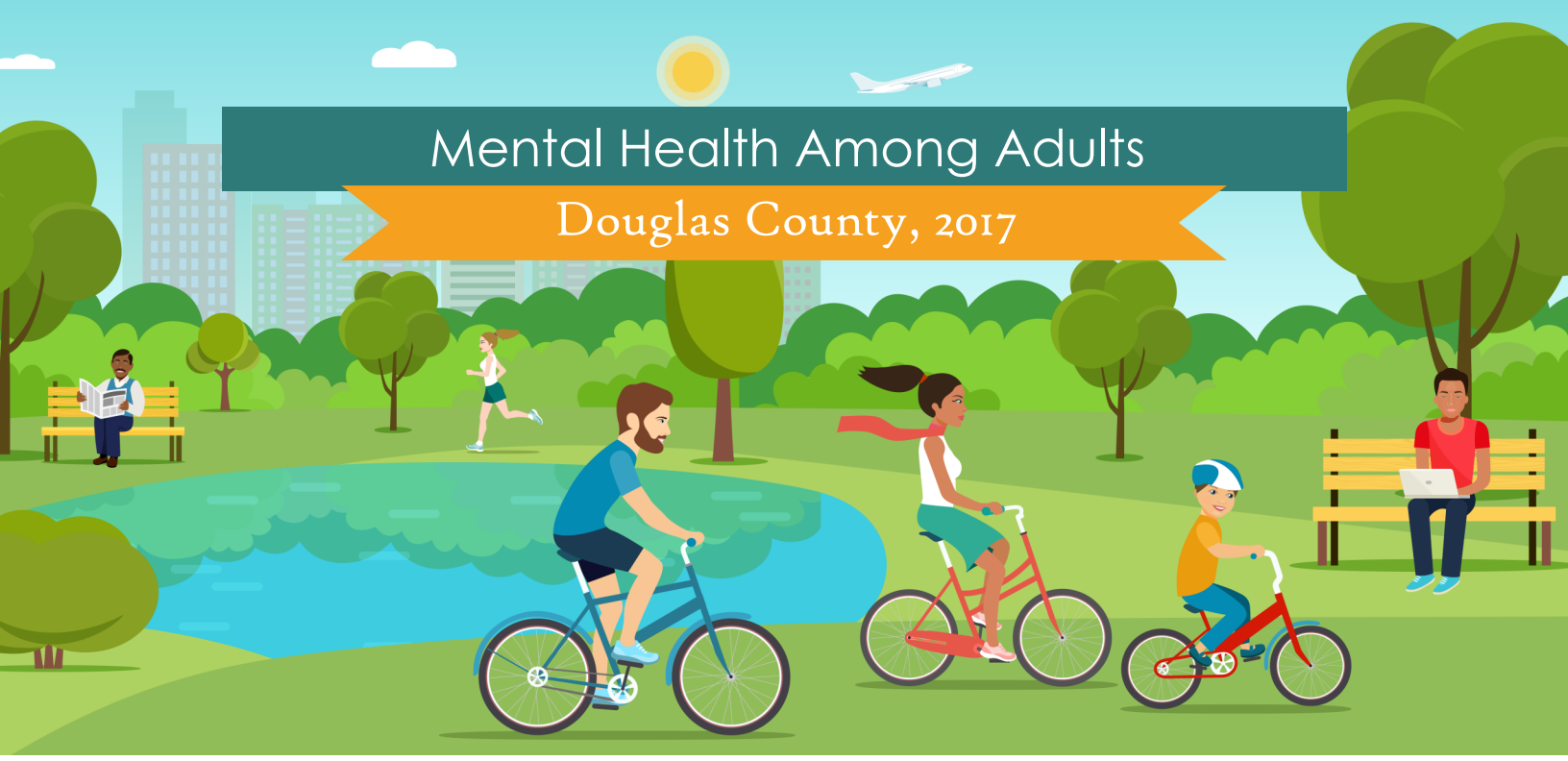


Mental Health Among Adults

Douglas County, 2017



Frequent Mental Distress

Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **nearly 12 of every 100** Douglas County adults 18 years and older had frequent mental distress.



Depressive Disorder

Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

In 2017, **nearly 24 of every 100** Douglas County adults 18 years and older had depressive disorder.

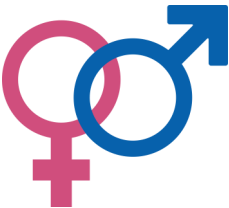
Depressive Disorder by Selected Socio-demographic Characteristics, Douglas County

BY GENDER

Depressive Disorder was significantly higher among **women** compared to **men**.

30.3%

About 30 of every 100 adult women.



16.9%

Nearly 17 of every 100 adult men.

BY AGE

Depressive Disorder was **significantly higher among persons aged 18-44 years** compared to those **aged 65 years and older**.

25.5%

Nearly 26 of every 100 adults aged 18-44 years.

24.6%

Nearly 25 of every 100 adults aged 45-64 years.

13.9%

Nearly 14 of every 100 adults aged 65 years and older.

BY ANNUAL HOUSEHOLD INCOME

Depressive Disorder was significantly higher among persons with an annual household income of **less than \$35,000 per year** compared to those with **\$35,000 or higher per year**.



38.1%

About 38 of every 100 adults with an annual household income of less than \$35,000 per year.

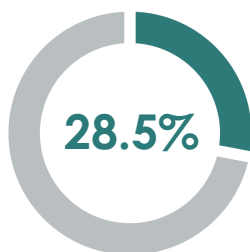


17.9%

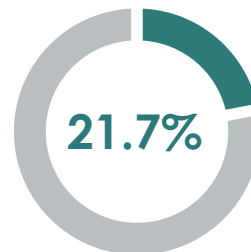
Nearly 18 of every 100 adults with an annual household income of \$35,000 or higher per year.

Depressive Disorder by Selected Socio-demographic Characteristics, Douglas County

BY EDUCATION*



About 28 of every 100 adults with a high school education or less.



Nearly 22 of every 100 adults with some college education or higher.

BY DISABILITY STATUS

Depressive Disorder was **significantly higher among persons living with a disability†** compared to those **living without a disability**.

Nearly 51 of every 100 adults who reported living with a disability.



17 of every 100 adults who reported living without a disability.

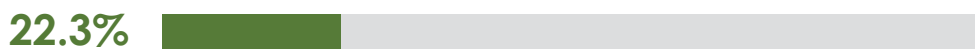


† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).



BY OBESITY*

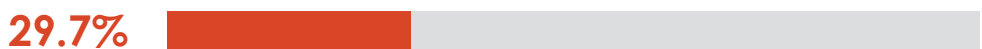
About 22 of every 100 adults who were Normal or Underweight (BMI<25).



Nearly 23 of every 100 adults who were Overweight (25<=BMI<30).



Nearly 30 of every 100 adults who were Obese (BMI>=30).



* The prevalence estimates of depressive disorder in Douglas County are not significantly different by education and obesity groups.

Depressive Disorder by Selected Socio-demographic Characteristics, Douglas County

BY PHYSICAL ACTIVITY

Depressive Disorder was significantly higher among adults **who were physically inactive[‡]** compared to adults **who were physically active.**



21.8%

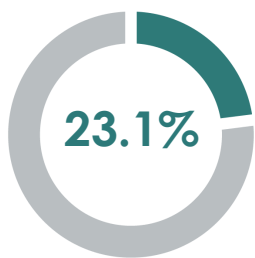
Nearly 22 of every 100 adults who participate in leisure-time physical activity



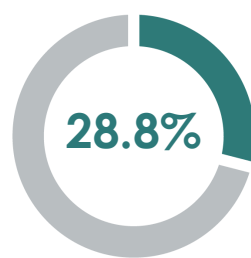
38.1%

About 38 of every 100 adults who did not participate in leisure-time physical activity

BY HEALTH INSURANCE*



About 23 of every 100 adults who were insured.



Nearly 29 of every 100 adults who were uninsured.

* The prevalence estimates of depressive disorder in Douglas County are not significantly different by health insurance groups.

[‡]Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

Kansas Behavioral Risk Factor Surveillance System-Local Data, 2017. Kansas Department of Health and Environment, Bureau of Health Promotion website. Available at <http://www.kdheks.gov/brfss/BRFSS2017/index.html>. Accessed July 21, 2019.

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